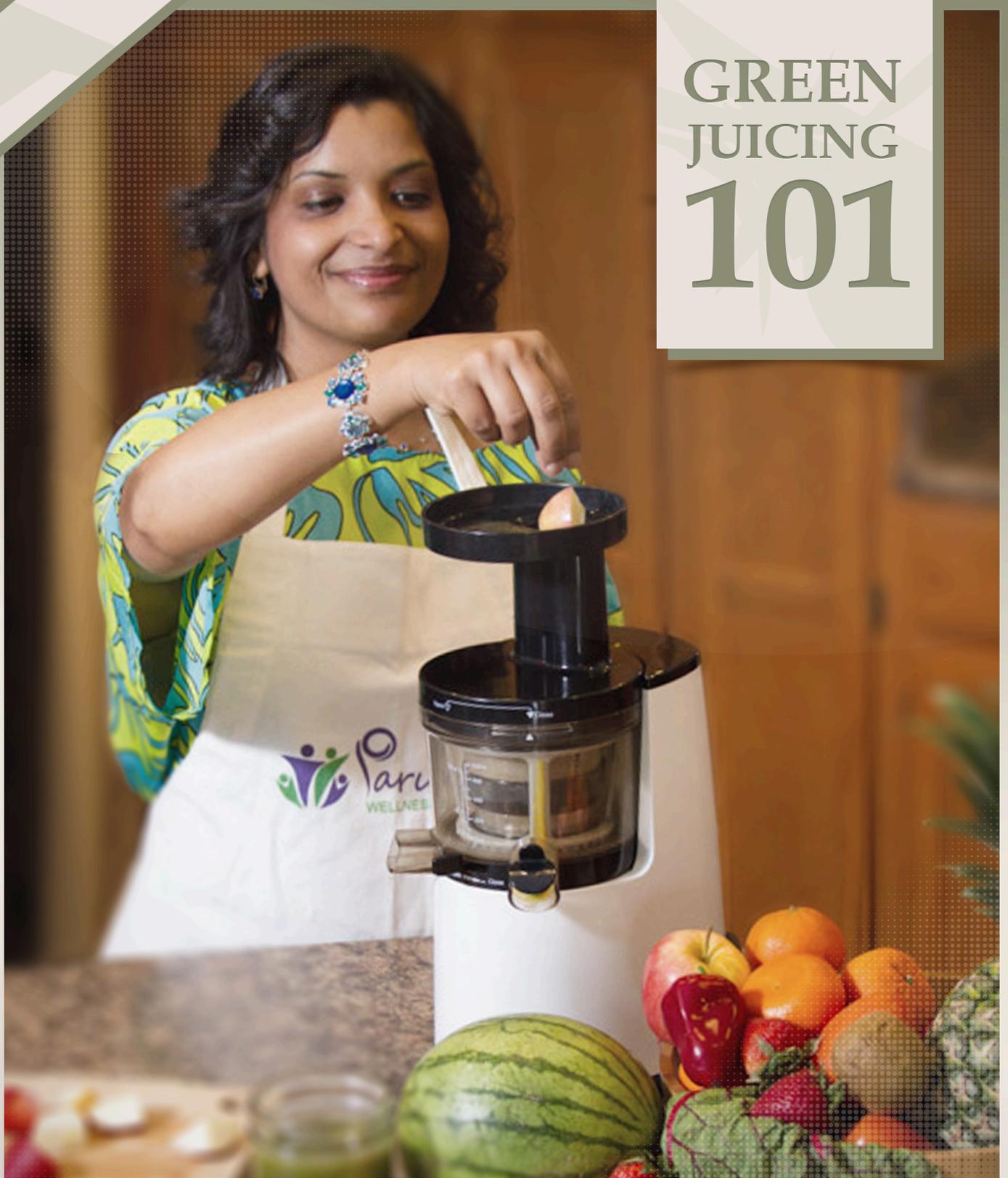


GREEN JUICING 101



**START YOUR HEALTHY JOURNEY
WITH RECIPES FOR THE ENTIRE FAMILY**

PARUL AGRAWAL

GREEN JUICING 101

Dear Reader,

My name is Parul Agrawal a.k.a Green Juice Diva and I would like to personally THANK YOU for investing in your health.



I am a Certified Health Coach, Medicinal Juicing Instructor, Blogger and Author but most importantly I am a Mom. I understand the challenges we face as we try to feed healthy to our families. Through my journey as a Health Coach, a Holistic Nutritionist, a busy entrepreneur as well as a home maker; I have realized that one of the easiest way to live healthy is to incorporate the power of green juices in our daily regime.

Green Juicing is the easiest way to get high levels of vitamins, minerals, enzymes and disease fighting antioxidants in your diet in a form that is quickly absorbed and assimilated by the body. Today, as obesity, cancer and cardiovascular diseases are increasing; people everywhere are discovering the amazing power of green juices to improve health, energy, vitality and even mood.

Juicing is not a rocket science. With the right knowledge, tools and guidance you can juice like a veteran in no time. This Green Juicing- 101 e-book will guide you to start juicing for health, wealth and vitality today. Learn:

- What is a Green Juice?
- Why Green Juice?
- Benefits of Green Juice
- Difference between Juicing & Blending
- How much Juice can you drink daily?
- Equipment needed for Juicing
- Difference between “dieting” and “cleansing”
- Produce that you need to buy organic
- 10 YUMMY recipes that you can enjoy with your entire family

Replenish, recover, and rejuvenate with the healing power of Green Juices and Start Living Today!

All The Best from your friend in Good Health!

Parul



**"Let Food Be Thy Medicine
&
Medicine Be Thy Food."
~Hippocrates, 460 B.C.**

What is Green Juice?

We normally associate the word “juice” with packaged drinks that are available in orange, yellow, red or purple colored boxes. But today, the hottest color in juice is green and green juice is everywhere.

Green juice is a mixture of green vegetables fruits, herbs and certain other nutrients juiced together, usually using a juicer.

A green juice is a non-sweet or semi-sweet juice that contains more green vegetables with little to no fruit. Ideally, a green juice should contain 90-100% green vegetables. Unfortunately, people associate greens and green juice with bitter taste and avoid it because of its color. But many green juices are mixed with a bit of fruit such as apple or pear, and herbs such as mint, lime juice, and ginger root. This makes the green juice sweet, delicious and flavorful.

The purpose is to separate the juice from the pulp and then drink the extracted liquid to gain advantage of all the nutrients left behind in the juice.

Why Green Juices?

The latest dietary guidelines for Americans recommends five to thirteen servings of fruits and vegetables every day (2½ to 6½ cups of produce per day), depending on one’s caloric intake.

For example, a person who consumes 2,000 calories a day to maintain weight and health, needs nine servings, or 4½ cups (2 cups of fruit and 2 1/2 cups of vegetables) per day .

The above servings might not seem like a lot, but studies show that most Americans fall short of the mark, increasing their risk of diseases and chronic conditions.

Juicing can help us bridge this gap and can be the difference between great health and chronic diseases. Juicing can easily help us consume our daily recommendations of fruits and vegetables.

During the juicing process, the cell walls of fruits and vegetables are sliced open, separating the mineral elements and water from the fibers. In other words, when we juice vegetables and fruits we get rid of most of the pulp or the fiber in them. This leaves us with just the nutrients and water. The extracted liquid is rich in amino acids, living enzymes, chlorophyll, micro nutrients, antioxidants, minerals and vitamins. Juicing is an easy, delicious, nutritious and quick way to give the body high amount of vitamins, minerals, antioxidants and phytochemicals in a form that is immediately absorbed and utilized for nourishment.

What are the benefits of Green Juices?

- Juicing makes it much easier to consume the recommended daily servings of fruits and vegetables.
- Many people eat the same vegetable salads every day. But with juicing, you can juice a wide variety of vegetables that you may not normally enjoy eating whole. Juicing a lot of different vegetables keeps you from becoming bored with the same old foods.
- Various phytonutrients, enzymes, probiotics, and vitamins do not survive the cooking and processing. Juicing raw fruits and vegetables preserves all the nutrition.
- Juicing is low in calories.
- Live nutrition from raw produce boosts the energy level, immunity and can help fight infections.
- Juicing is good for digestive health and can ease acid reflux.
- Juicing is a great way to assimilate the nutrients during illness or health challenges as you don't need to use any energy to digest the food.
- Green juice is rich in antioxidants that are known for their anti-aging properties. Antioxidants also improve the cardiovascular health, enhance brain function and help in reducing the negative effects of stress on glands.
- Juicing is alkalizing, cleansing, restorative and can repair diseased cells activating the body's extraordinary ability to heal itself to fight some of the chronic diseases.
- Juicing is a treat for your taste buds. It is very easy to tailor the juices to your needs and flavor if juicing at home.
- Juicing is a delicious way to introduce greens to your family's diet without disappointing anyone at the dinner table.
- Green juices restore the body at cellular level.

What is the difference between juicing and blending?

I often get asked: which is better "juicing or blending?" in other words "juice or smoothie?" It's a great question. My answer is both are great and can be included in your health regime.

Juices are made by using a juice extractor that separates the pulp from the juice.

A large quantity of nutrients is readily made available to the body since without the pulp or fiber, the digestive system doesn't have to work as hard to break down the food and absorb the nutrients. Juicing is very helpful during illness, especially if you have a sensitive digestive system that inhibits the body from processing fiber.

Smoothies are made with fruits, vegetables, herbs, protein powders and certain other supplements mixed together in a blender. They normally contain the entire fruit and vegetable along with the skin, fiber and even the pit. A blender grinds the pulp and the produce together and the pulp needs to be manually strained in order to extract the juice. The release of nutrients into the blood stream is slower compared to juices. Smoothies tend to be more filling, because of the fiber, and generally faster & easier to make than a juice.

Juicing vs Blending

| Green Juice | Smoothie |
|--|--|
| No pulp or fiber | Pulp or fiber is retained |
| Body assimilates vital nutrients rapidly | Release of nutrients is slower |
| Gives digestive system a break so that cells can focus on rest and repair | Great for digestive health and helps with regular elimination |
| Fruit juice can cause sudden spike in blood sugar. So add 80-90% vegetables and 10-20% low glycemic fruits | The fiber in vegetables and fruits balances the blood sugar. So you can add more fruit |
| Easy to pack more veggies than fruit and is very hydrating | Are more filling, sustain hunger and energy for a long time |

Juicing and blending are both beneficial and deliver their health benefits in a certain way. Fiber is important to clean our intestinal tract but also slows down the absorption of vital nutrients. Juices have minimal to no fiber and the nutrients are absorbed almost immediately by our body.

Drinking both nutrient-rich juices and/or smoothies will not only increase your consumption of fresh produce but also provide ongoing supply of energy for your day.

Why not just eat the raw or cooked produce?

You can and should eat fruits and vegetables and even cook them to enjoy during a meal. However, there are several reasons to include juices in your daily regime:

- It is easier to eat a greater volume of produce to satisfy your daily nutritional requirements.
- Chewing tons of raw foods is physically taxing and could cause excessive wear and tear on your teeth and jaws. Can you imagine eating two or three pounds of carrots every day!
- Juicing is much less tiring and much more efficient than eating large quantities of raw vegetables every day.
- Cooking, heating and processing decreases the vitamin and mineral content of produce. Juicing, on the other hand replenishes the body with nutrition that is deficient in cooked or processed food.
- Removal of fiber enables the juices to be quickly digested and assimilated with minimum effort from the digestive system. For example, celery is rich in sodium chloride and is a remedy to overcome side effects of extreme heat. However, digestion of celery takes a lot of time and an individual might get affected by the intense heat even before the beneficial effects of celery are obtained. On the other hand, drinking a glass of fresh celery juice cools the body almost immediately.
- Cooked or packaged food might contain additives and preservatives. Freshly squeezed juice from fruits and vegetables is free of any unwanted fillers.
- Juicing makes it easy to eat a rainbow of fruits and vegetables especially the green vegetables.
- Green juices are of vital importance in today's polluted, stressful and toxic world as they furnish our body with live enzymes, chlorophyll, anti-oxidants and phytochemicals needed to fight against age, stress and environment related issues.
- Green juices are necessary as supplements to every diet.

How much Juice can I drink daily?

Most of us have abused our bodies by consuming way too much processed and over-cooked foods. To undo the harm of wrong eating and wrong lifestyle, large quantities of juice is required.

Many diseases in today's time are due to deficiencies of certain elements in the diet. Green juices contain almost all the vitamins, minerals and any other nutritional substances the body craves. Therefore, consumption of raw vegetable juices can correct such conditions and assist the body in returning to good health in the fastest and safest way possible.

The general consensus of opinion appears to be that you can take practically any amount of juice without fear of suffering any ill effects.

Pioneer of vegetable juicing, Dr. Norman Walker recommends consuming "at least one pint (or 16 ounces) of green juice daily to see any beneficial results and preferably two to eight pints (1 gallon) or more." Ideally, one can consume as much as they can drink comfortably without forcing themselves. The more juice one drinks, the quicker he/she will experience the positive results.



What equipment do I need for Juicing?

To start enjoying the benefits of green juice and smoothies all you need is a juicer and a blender. A juicer is a device used to extract juices from vegetables, fruits and leafy greens. The main types of juicers available today are:

Centrifugal Juicers:

Centrifugal juicers are the most common type of juicers. This kind of juicer spins at a high speed and has a shredder and a strainer. The spinning basket shreds the produce and quickly spins (using centrifugal force) the juice down through the strainer into a jug and the pulp towards a mesh. The fast spinning process adds oxygen to the juice and makes it little frothy

Centrifugal juicers are great for juicing fruits and vegetables but are not very good at extracting juice from greens like spinach and kale.

Most good quality centrifugal juicers cost anywhere from \$100 to \$150.



Some of the popular brands are Jack LaLanne's Power Juicer, Hamilton Beach, Breville and Juiceman.

Masticating Juicers:

Masticating juicers (also called single gear juicers) don't use centrifugal force. The food is fed through a tube that comes in contact with an auger (or shaft blade) that grinds or masticates the produce into pulp. The action of this juicer is similar to the chewing action of humans. The juice is extracted while the pulp is continuously being ejected. Masticating juicers are more efficient than centrifugal juicers especially for juicing greens and yield more juice from the same amount of produce.

Masticating juicers are also called as slow juicers as they operate at much lower rpm (80 rpm compared to 1,000 -24,000 rpm for centrifugal juicers). Due to the slower rpm, masticating juicers generate no friction or heat thus reducing oxidation and preserving the enzymes, nutrients and phytochemicals.

These juicers are more expensive than centrifugal juicers and start at around \$250. Some of the popular brands



are Omega, Champion, Samson, Hurom and Juicepresso.

Both centrifugal and masticating juicers work great and the best juicer is one that fits your needs and budget. If you are new to the world of juicing you might want to start with a centrifugal juicer before investing in a more expensive machine.

Citrus Press:

A citrus press (also known as reamer) is used for squeezing juice from citrus such as grapefruits, lemons, limes, and oranges. Juice is extracted by pressing or grinding a halved citrus along a juicer's ridged conical center and



discarding the rind.

Citrus presses can be bought at a very reasonable price and range from \$10 for a manual juicer to \$50 for an electric version.

Blender:

A blender consists of a blender jar with a rotating metal blade at the bottom, powered by an electric motor in the base. It is mainly used to mix, puree and emulsify food.



Some powerful models can also crush ice. A blender grinds the produce and the pulp together and is ideal machine to prepare smoothies. To extract juice you will have to manually pass the blended mixture through a fine strainer or a nut milk bag. This process is time consuming and messy so it's best to use a blender for smoothie rather than juices.

Blenders can cost anywhere from \$300- \$600. Some of the popular brands are Blendtec and Vitamix.

Go Organic For The Dirty Dozen!

Every year the non-profit research organization Environmental Working Group (EWG) collects data on foods contaminated with most pesticides. The EWG data suggests that it's possible to reduce pesticide exposure by almost 90% by avoiding the top twelve conventionally grown fruits and vegetable. The list changes every year and you can find the updated list on their website EWG.org.

| Clean Fifteen | Dirty Dozen |
|---------------------|------------------------------|
| Asparagus | Apples |
| Avocados | Celery |
| Cabbage | Cherry Tomatoes |
| Cantaloupe | Cucumbers |
| Cauliflower | Grapes |
| Eggplant | Nectarines (Imported) |
| Grapefruit | Peaches |
| Kiwi | Potatoes |
| Mangoes | Snap Peas (Imported) |
| Onions | Spinach |
| Papayas | Strawberries |
| Pineapple | Sweet Bell Peppers |
| Sweet Corn | |
| Sweet Peas (Frozen) | Hot peppers (new addition) |
| Sweet Potatoes | Kale/Collards (new addition) |

EWG's Dirty Dozen & Clean Fifteen, Ewg.org

Is “juice cleanse” the fancy word for “dieting”?



People often get confused between dieting and cleansing and tend to use them interchangeably.

According to oxford dictionary the word “*diet*” is a noun and means, “the kinds of food that a person, animal, or community habitually eats”. Therefore, the word diet means the food that an individual needs to consume to sustain life. However, thanks to the media, advertising and Barbie doll images, the word diet changed and became dieting or in other words starving.

A diet plan is devised for weight loss and focuses more on the quantity of food rather than its quality.

Toxins and chemicals are fat soluble. Fat is our friend when it comes to toxins as it protects our vital organs from the harmful effect of toxins.

Our system doesn’t allow the removal of excess fat if there are high levels of toxins stored in the fat cells.

Diet plans that focus on counting calories and food deprivation are primarily devised for weight loss and have nothing to do with cleaning the body of any impurities. The diet plan might work great for short term weight loss. The person might look skinny externally but he or she might not be internally healthy.

Since, the issue of internal cleansing is not addressed; even though fat is burned, the body is still concentrated with high levels of toxins and impurities. In fact, now the person has to deal with same or even more percentage of impurities in a smaller body. So this kind of “fat loss” actually increases the toxic density.

The “skinner” body goes on a high alert when it experiences an overload of impurities. Our system now starts producing even more fat cells to bind to these toxins as a defense mechanism to protect our vital organs and keep us alive. And eventually this increase in the number fat cells leads to rebound weight gain.

However, when you remove the toxins from the body by going through cleanse, your body will no longer need to hold on to the fat for its protection. The result will be less unwanted fat, more lean muscle and a healthy body, mind and soul.

Cleanse is so much more than a traditional weight loss plan. It helps with:

- Getting rid of the body toxins
- Cleaning the diet& creating lifelong healthy eating habits
- Overcoming cravings
- Increasing the energy level
- Improving the nutrition

- Healing, repairing and rejuvenating the entire being

Be your own judge to decide if you need another “diet or cleanse.”

Diet Vs Cleanse

| Diet | Cleanse or Cleanse |
|--|---|
| Starving the body | Feeding the body |
| Counting Calories | Counting nutrients |
| Body holds on to the weight with fear of deprivation | Body is getting all the nutrients, releasing toxins and excess weight |
| Lot of Effort/ No results | Minimal Efforts/ Great results |
| Feeling hungry and craving food | No hunger prangs after first few days or cravings |
| Feeling tired/no energy | Feel more energetic |
| Rebound weight gain | No weight gain if following a healthy plan |

Yummy Recipes for you to Enjoy!!!!!!!!!!



“Juices of fruits and vegetables are pure gifts from Mother Nature and the most natural way to heal your body and make yourself whole again.”

~Farnoosh Brock

Juicing is a great way to eat a variety of fruits and vegetables especially the ones that you are not used to eating cooked.

If you are new to juicing it's better to start with fruits and vegetables that are palatable and easy to digest. Celery, fennel, cucumbers are great beginner vegetables. After getting acclimatized to juicing, the next step is to add greens like spinach, different varieties of lettuce, escarole, etc. Cruciferous vegetables like cabbage, bok choy, and broccoli can be added after regular use of juices for at least a week.

Once you are ready to take juicing to the next level, start incorporating dark leafy vegetables like kale, collard greens, dandelion greens, mustard greens and herbs like parsley, cilantro, basil, etc.

Juicing leafy greens is the best way to flood your body with life sustaining nutrients like antioxidants, vitamins, minerals, enzymes and chlorophyll. But they can be bitter to someone who is not used to consuming these vegetables on a regular basis. Hence, starting with sweeter vegetables and slowly graduating to stronger tasting vegetables will please your taste buds, be gentle on your system and ensure juicing stays with you forever.

As a beginner start with more fruit than vegetables or use vegetables like carrot that are generally sweeter. Intermediates can use more vegetables than fruits and then once you are a pro at juicing ditch the fruit all together and go for pure green leafy vegetable juices. Here are ten of my favourite recipes for you and your family!

Lime & Lemon: Kale + Apple + Celery

Ingredients:

- 1 ½ cup Baby Kale
- 4 Celery stalks
- 2 Apples
- 1/2 Lime
- 1/2 Lemon

Method:

- Wash Baby Kale
- Wash & cut celery into smaller stems
- Core apples & cut into wedges
- Peel the skin of lime and lemon

Kale is also called “queen of greens” and has only 36 calories with zero fat.

Wellness Mantra: Wheatgrass + Apple + Turmeric

Ingredients:

Handful of Wheatgrass

1 Apple

1/2 inch Ginger

1/2 inch Turmeric

1/2 Lemon

Method:

Wash Wheatgrass

Wash, core & apples cut into wedges

Clean and scrub ginger and turmeric

Take few strands of wheatgrass along with apple and juice together to avoid wheatgrass blades clogging the juicer.

Juice ginger, turmeric and lemon & Enjoy!

The peel of lemons and limes is a great source of pectin, a type of fiber that helps with digestion, reduces cholesterol and absorbs toxins. Feel free to juice the peel if you buy these citrus delicacies organic.



Wheatgrass, also called liquid sunshine is the best source of chlorophyll and also rich in antioxidants. Turmeric helps fight inflammation, ginger is great for cough and colds. This juice is the ultimate wellness shot. Wheatgrass has very fine blades which might get stuck and clog the juicer. To avoid this roll wheat grass in a ball and add it along with a high fiber fruit like apple.

Vegetable Medley: Celery + Carrot + Kale

Ingredients:

- 3 Carrots
- 1 stalk Celery
- 3 Kale leaves
- 1/4 Beet root
- 1 inch Ginger
- 1 inch Turmeric
- Lemon to taste

Method:

- Wash and cut all produce.
- Juice together & Enjoy!

Both the beet roots and beet greens are highly nutritious and can be juiced easily. Beet greens last 2 days whereas beetroots are good for 2 weeks. Try different varieties of beets (like golden beets, baby beets, striped beets) for adding various twists to your juice.

Green Digest-aid: Fennel + Peppermint

Ingredients:

1 Fennel

2 Green Apples

Handful of Cilantro

Handful of Mint

Handful of Fresh Peppermint (or few drops of peppermint oil)

1 Inch Ginger

Method:

Wash, cut, peel and prep all produce

Juice together alternating herbs with fruits and vegetables.

Peppermint has smooth muscle relaxing abilities and great for digestive issues like irritable bowel syndrome, indigestion and colonic muscle spasms. Adding fennel, ginger and mint make this juice recipe excellent for any digestive issues.

Healthy Cooler: Celery + Cucumber

Ingredients:

1-2 Cucumber

3 stalk Celery

Handful of mint

Lemon to taste (optional)

Method:

Wash and cut all produce.

No need to peel if using organic

Juice & Enjoy!

Thanks to the high water content of the vegetables (Celery contains 95 percent water and cucumber contains 96 percent of it) this juice is a perfect way to stay hydrated during periods of intense heat.

Raw Soup: Tomato+ Carrot + Apple

Ingredients:

1 Tomato

1 Carrot

1 Apple

1/4 Beet root

1/2 Lemon

1/2 Ginger

Pinch of Himalayan Pink Salt

Method:

Wash or scrub and cut all produce.

No need to peel if using organic

Juice & Enjoy!

This juice is the perfect alternative to the traditional cooked tomato soup. It tastes great and can be consumed during a juice fast to overcome salt or cooked food cravings.

Green & Glowing: Spinach+ Carrot

Ingredients:

1 cup Spinach

1 Carrot

1/2 Lemon

1/2 Ginger

Pinch of Himalayan Pink Salt

Method:

Wash Spinach

Wash, scrub and cut carrot

Cut lemon and juice

Juice & Enjoy!

Rich in vitamin C & E this juice is great for treating constipation, improving gum and teeth health, monitoring blood pressure, and coping with migraines and ulcers.

“For carrots cut the top end ½ inch below the ring where the green stem starts and about 12 inch above the tail.”

Beauty with the Beet: Beetroot + Cucumber + Apple

Ingredients:

1 Cucumber

1 Apple

1/2 Beet root

1/2 Lemon

1/4 inch Turmeric

Method:

Wash and cut all produce. Juice & Enjoy!

This recipe not only looks good and tastes great, it also has numerous health benefits and is simple to prepare.



Cucumber helps the body to eliminate toxins, promotes joint health and aids in weight loss. Apples help to reduce cholesterol and regulate blood sugar. Beets can help lower blood pressure, help with anaemia and support detoxification.

The Ultimate Cleansing Juice: Parsley + Tomato

Ingredients:

3 Tomatoes

1-2 Cucumbers

Handful of Parsley

1/2 Lemon

1/2 inch Ginger

Method:

Wash parsley under running water for few minutes

Wash and cut rest of the produce

Juice all ingredients making sure to alternate parsley with cucumber to avoid clogging the juicer.

Enjoy!

Parsley is great for detoxifying and increasing the flow of urine. It can be bitter if added in large quantities. Any leftover parsley in the juicer might affect the taste of future juices so make sure you clean the juicer after juicing parsley and before making any other juice.

All Time Classic: Carrot + Orange

Ingredients:

2 Carrots

2 Oranges

1 cup Spinach

Handful of Mint

1/2 inch Ginger

Method:

Wash and cut all produce.

Juice together & Enjoy!

Both carrots and oranges are great source of Vitamin C. Mint is great for detoxifying the kidneys, helps in relieving pains, eases motion sickness and has the powerful ability to cut blood supply to tumour growths. Spinach is rich in magnesium; helps with metabolism and aids weight loss.

Enjoy these recipes and jumpstart your juicing adventure today!

To get more recipes, 7 day detox plan and detailed shopping guide visit:

www.parulagrawal.com/book

About Parul:

Parul Agrawal is a wellness and business consultant that helps individuals and companies to become highly successful by investing in their health, energy level and high performance. She is India's leading Internet Marketing Entrepreneur, a Forbes Coaches Council Member, Bestselling Author and an Independent Journalist.

Parul is an Engineer by education with two Master Degrees one in Electrical Engineering and the second one in Material Science Engineering from Arizona State University. After working as a Research Scientist at Arizona State University and Intel Corporation for more than 5 years, she was alarmed at the state of her fellow corporate Americans. She decided it was time to take action and pursued studies in holistic lifestyle and wellness.

Over the last 7 years Parul has become a highly sought after speaker, an author, a workshop facilitator and a consultant who helps people with their health, wealth and web presence. Since 2011, she has assisted clients use digital media to scale their businesses and is a top paid business coach. She regularly offers beauty-and-success transformational retreats California.

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